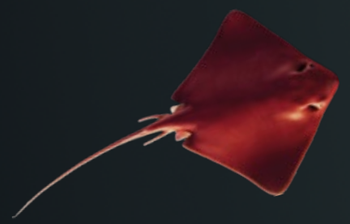
TASK AHEAD

GO À LA CARTE OR CHOOSE A SET MENU



LET'S BE CLEAR

When we try to tempt you – with sticks, sushi, soup and sashimi – navigating our menu and your appetite is perhaps taking your overview out on the deep end.

Yet.

While you could argue we haven't made choosing easy – you can also claim that finding it hard to make up your mind is only a positive sign of what's to come.

And by the way it's more simple than it looks.

Ask yourself: do you want to put yourself in our chefs' hands, enjoy a set menu, or build your own feast à la carte?

À la carte is at the front, ending with our Chef's Recommendations – the dishes we're especially proud of. Our set menus follow at the back.

You can of course also give up, tell the waiter 'surprise me, make my day'.

In any case the outcome will probably be this:

You started confused – ended seduced.

À LA CARTE

EDAMAME BEANS
Grilled, supreme soy & soya sesame 4.5 | 357 kcal
Spicy miso & sesame 4.5 | 316 kcal
Sea salt & lemon 4.5 | 266 kcal

SPICY TORI | 440 kcal
Crispy marinated chicken, spicy garlic chilli glaze, soya sesame, Japanese mayonnaise & daikon cress 11.5

KANI KOROKKE | 396 kcal
Crab croquettes with wasabi Caesar 9

BROCCOLI | 258 kcal
Grilled, with supreme soy, soya sesame and served with goma 6.5

TUNA TARTARE BITES | 299 kcal
Yellowfin tuna, avocado, soya sesame, yuzu miso and spring onion on crispy flat bread 12

SHAKE TATAKI | 243 kcal
Seared salmon, sake-tamari marinated trout roe, daikon, miso, ponzu & daikon cress 11

HIRAMASA KATAIFI | 219 kcal
Yellowtail kingfish, kataifi, chives, shiso, truffle oil & ponzu 14

Allergy information is available. Please ask your server
All prices are inclusive of VAT. An optional service charge of 12.5% will be added to your bill. Every penny is distributed to the team

WAGYU CAVIAR BITES | 243 kcal
Seared Japanese Wagyu, Exmoor Royal Beluski caviar, Parmesan, shiitake & soya sesame korokke & miso aïoli 32

Our Japanese Wagyu beef is expertly reared by the Hiramatsu Farm, Kagoshima Prefecture, Kyushu, Japan with only the best cuts selected by a Kobe beef specialist

COME FOR A SWIM | 1135 kcal
Ebi Sando. Crispy sando with prawn, truffle, miso aïoli, Parmesan & chives
Kani Korokke. Crab croquettes with wasabi Caesar
Ebi Bites. Tempura shrimp, miso aïoli, chilli, lime & coriander
Hiramasa Kataifi. Yellowtail kingfish, kataifi, chives, shiso, truffle oil & ponzu
Shake Tataki. Seared Salmon, sake-tamari marinated trout roe, daikon, miso, ponzu & daikon cress
Tuna Tartare. Yellowfin tuna, avocado, soya sesame, yuzu miso and spring onion on crispy flat bread 45

Chef Jingkee

CAULIFLOWER | 246 kcal
Fried, served with black truffle goma & sesame 6.5

EBI SANDO | 409 kcal
Crispy sando with prawn, truffle, miso aïoli, Parmesan & chives 11.5

GYOZA | 700 kcal
Chicken gyoza topped with okonomiyaki sauce, Japanese mayonnaise, chives & bonito 9

SHAKE CEVICHE | 261 kcal
Salmon, tiger's milk, red onion, green chilli, crunchy chilli, Jerusalem artichoke chips & coriander 11.5

MAGURO CARPACCIO | 193 kcal
Yellowfin tuna, white soy & yuzu ponzu, Parmesan aïoli, tosazu gel, extra virgin olive oil, daikon & shiso 12.5

EBI BITES | 263 kcal
Tempura shrimp, miso aïoli, chilli, lime & coriander 9.5

MISO SOUP | 33 kcal
Miso with tofu, spring onion & wakame 2.5

SEAWEED SALAD | 104 kcal
Seaweed, daikon, snow peas, cucumber, soya sesame & goma 6

BEEF TATAKI | 207 kcal
Seared beef fillet with miso aïoli, spring onion, Jerusalem artichoke chips, shiitake & truffle ponzu 14.5

WASABI CAESAR SALAD | 261 kcal
Baby gem lettuce, wasabi Caesar dressing, kataifi, soya sesame & Parmesan 6.5

SASHIMI

MAGURO | 135 kcal
Yellowfin tuna 10.8

SHAKE | 200 kcal
Salmon 8.6

HIRAMASA | 169 kcal
Yellowtail kingfish 14.2

CAVIAR | 26 kcal
Exmoor Royal Beluski [10 g] 22

SASHIMI DELUXE | 694 kcal
Salmon, yellowfin tuna, yellowtail kingfish, lobster daikon roll, tamago ikura and shake ceviche
36

NIGIRI

SHAKE YAKI | 59 / 118 kcal
Seared salmon,
sansho pepper & tsume
2.8 / 2 pcs 5.4

HIRAMASA | 51 / 102 kcal
Yellowtail kingfish
3.5 / 2 pcs 6.8

AKA PIMAN | 40 / 80 kcal
Grilled pepper, yuzu koshō &
tsume
2.8 / 2 pcs 5.4

HIRAMASA YAKI | 54 / 108 kcal
Seared yellowtail
kingfish, lime & tsume
3.7 / 2 pcs 7.2

SHAKE NEW YORK | 57 / 114 kcal
Salmon & garlic
2.8 / 2 pcs 5.4

INARI | 76 / 152 kcal
Tofu with ginger,
shiitake, cress & sesame
3 / 2 pcs 5.8

INARI IKURA | 83 / 166 kcal
Tofu with ginger, sake-
tamari marinated trout roe,
shiitake, cress & sesame
3.9 / 2 pcs 7.6

TAMAGO | 49 / 98 kcal
Japanese omelette
2.5 / 2 pcs 4.8

EBI | 29 / 58 kcal
Shrimp
3.3 / 2 pcs 5.5

ABOKADO | 53 / 106 kcal
Avocado, yuzu koshō
& soya sesame
2.9 / 2 pcs 5.6

MAGURO | 46 / 92 kcal
Yellowfin tuna
3.5 / 2 pcs 6

SHAKE | 56 / 112 kcal
Salmon
2.7 / 2 pcs 5

ABURI | 2 pcs of each nigiri
Wagyu Aburi. Seared Japanese wagyu with miso aïoli, tsume & kizami wasabi 10 | 66 kcal
Hiramasa Aburi. Seared yellowtail kingfish with yuzu koshō, shiso, tsume & tosazu gel 8 | 115 kcal
Caviar Abokado Aburi. Seared avocado with Exmoor Royal Beluski caviar 12 | 91 kcal
Shake Aburi. Seared salmon with miso aïoli, sake-tamari marinated trout roe & daikon cress 6 | 125 kcal
Maguro Aburi. Seared yellowfin tuna with garlic butter, tsume, Parmesan & truffle dust 8 | 105 kcal

ABURI SETTO | Menu
10 pcs of seared and topped nigiri
40 | 561 kcal

TEMAKI SETTO

Wagyu & Lobster. Wagyu tartare, lobster & yuzu, kataifi, cress, soya sesame, avocado and sake-tamari marinated trout roe with sushi rice and crispy nori 38 | 681 kcal

Shake & Maguro. Salmon & miso, yellowfin tuna & spicy sauce, masago, spring onion, avocado, cress, kataifi, soya sesame and sake-tamari marinated trout roe with sushi rice & crispy nori 28 | 807 kcal

Temaki means handroll. Create your own small bites

SPOIL YOURSELF | 243 kcal
Exmoor Royal Beluski Caviar [10 g] 22

MAKI

HOUSE ROLLS | 4 pcs of each roll

Black Cod. Miso-marinated black cod with Jerusalem artichoke chips & pickled red onion 15.5 | 213 kcal

Aka Ebi. Spicy gochujang shrimp, avocado, snow peas, miso aïoli & sake-tamari marinated trout roe 14 | 209 kcal

Soft Shell Crab. Soft shell crab, masago, chives, spicy sauce & tsume 14.5 | 192 kcal

Spicy Beef. Seared beef fillet, cucumber, snow peas, pickled red onion, green chilli, spicy sauce, crunchy chilli & spring onion 12.5 | 192 kcal

Wagyu. Wagyu tartare with kizami wasabi, tsume & crispy kataifi 19.5 | 266 kcal

Lobster Abokado. Yuzu mayonnaise lobster, avocado, cucumber, soya sesame, chives & coriander 15 | 178 kcal

FULL HOUSE | Menu
All 6 House Rolls 78.5 | 1250 kcal

KABURIMAKI | 8 pcs of each

NEW YORK SUBWAY | 482 kcal
Tempura shrimp, avocado & spicy sauce, salmon & garlic 16.5

EBI PANKO | 449 kcal
Tempura shrimp & spicy sauce, avocado, tsume & sesame 13.5

SHAKE AÏOLI | 439 kcal
Snow peas, avocado, miso aïoli & cucumber, seared salmon, soya sesame, chives & sake-tamari marinated trout roe 15

HELL'S KITCHEN | 433 kcal
Tempura shrimp, avocado & spicy sauce, yellowfin tuna & barbecue 16.5

CEVICHE | 358 kcal
Pickled red onion, avocado & cucumber, yellowtail kingfish, tiger's milk & coriander 15.5

RED'N'GREEN | 308 kcal
Roasted pepper, avocado, cucumber, yuzu koshō, shiso, tsume & soya sesame 12.5

MAKI MAKI | 1691 kcal
Ceviche, Hell's Kitchen, Ebi Panko and Shake Aïoli
8 pcs of each roll 54

MINI MAKI | 851 kcal
4 pcs of each roll 27

URAMAKI | 8 pcs of each

NANBAN | 457 kcal
Chicken, avocado, soya sesame, tsume, yuzu koshō, kataifi & coriander 12.5

CRISPY EBI | 348 kcal
Tempura shrimp, avocado, spicy sauce, sesame & tsume 10.5

CALIFORNIA | 244 kcal
Shrimp, avocado, cucumber, masago, sesame & miso aïoli 10

PINK ALASKA | 362 kcal
Salmon, avocado, cream cheese & umeboshi sesame 10

MAMMA MIA | 267 kcal
Avocado, cucumber, soya sesame & chives 9.5

SPICY TUNA | 302 kcal
Yellowfin tuna, cucumber, spicy sauce, masago, kataifi & cress 10

CHIRASHI MAKI | 322 kcal
Seared fish, spicy sauce, snow peas, ginger, chilli, tsume & pickled red onion 10

Chef Panara

STICKS

HIRAMASA KAMA | 317 kcal
Hiramasa collar with sea salt & lemon. A Japanese classic, grilled and served with rice and miso soup
[Limited availability]
26

CHIIZU MAKI
178 / 356 kcal
Emmental cheese wrapped in pancetta
4 / 2 pcs 7.8

IBERICO SECRETO
102 / 204 kcal
Miso cured black Iberian pork
7.5 / 2 pcs 14.6

YAGI YAKI
158 / 316 kcal
Goat's cheese & serrano ham
4 / 2 pcs 7.8

IMO YAKI
53 / 106 kcal
Sweet potato, coriander cress, soya sesame & teriyaki
3 / 2 pcs 5.8

ERINGI YAKI
55 / 110 kcal
King oyster mushroom & miso herb sauce
4 / 2 pcs 7.8

GYU HABU
97 / 194 kcal
Beef fillet with miso herb butter
8 / 2 pcs 15.6

GYU KATZU
108 / 216 kcal
Fried beef fillet, okonomiyaki sauce, Japanese mayonnaise & daikon cress
7.8 / 2 pcs 15.4

GOHAN 2.5 | 276 kcal
With crunchy chilli | 523 kcal, teriyaki | 354 kcal or chilli dip | 493 kcal
3.5

SHAKE TERIYAKI
108 / 216 kcal
Salmon, teriyaki & spring onion
3.5 / 2 pcs 6.8

GINDARA NO MISO
100 / 200 kcal
Miso-marinated black cod
11.5 / 2 pcs 22.6

AKA EBI
82 / 164 kcal
Shrimp, spicy gochujang & garlic butter
8 / 2 pcs 15.6

SHŌYU TEBASAKI
120 / 240 kcal
Chicken wings marinated in garlic, ginger & tamari with soya sesame
3.5 / 2 pcs 6.8

MOMO KARAAGE
136 / 272 kcal
Chicken karaage, wasabi Caesar & daikon cress
3.4 / 2 pcs 6.6

TSUKUNE
146 / 292 kcal
Chicken meatballs & teriyaki
3 / 2 pcs 6

TSUKUNE CHILLI
199 / 398 kcal
Chicken meatballs, chilli dip, teriyaki & spring onions
3.5 / 2 pcs 6.8

WAGYU YAKI
170 / 340 kcal
Japanese Wagyu beef, expertly reared by Hiramatsu Farm, Kagoshima and selected by a Kobe beef specialist
16.5 / 2 pcs 32

Chef Song

STICKS SETTO | 2 pcs of each stick
Four of our finest sticks from the grill.
Wagyu Yaki. Japanese Wagyu beef
Iberico Secreto. Miso cured black Iberian pork
Aka Ebi. Shrimp, spicy gochujang & garlic butter
Gindara no Miso. Miso-marinated black cod
75 | 909 kcal

Chef Lukasz

CHEF'S RECOMMENDATIONS

We know. More decisions.
So, we've picked a few dishes we love – and think you will too.
Bring friends. Bring family. Pick a few and share the lot.
Because good food is better together.

À LA CARTE

EBI BITES | *Page 10*
Tempura shrimp, miso aïoli, chilli, lime & coriander 9.5 | 263 kcal

BEEF TATAKI | *Page 11*
Seared beef fillet with miso aïoli, spring onion, Jerusalem artichoke chips, shiitake & truffle ponzu 14.5 | 207 kcal

SASHIMI DELUXE | *Page 13*
Salmon, yellowfin tuna, yellowtail kingfish, lobster daikon roll, tamago ikura and shake ceviche 36 | 694 kcal

TEMAKI SETTO | *Page 16*
Wagyu & Lobster. Wagyu tartare, lobster & yuzu, kataifi, cress, soya sesame, avocado and sake-tamari marinated trout roe with sushi rice and crispy nori 38 | 681 kcal
Shake & Maguro. Salmon & miso, yellowfin tuna & spicy sauce, masago, spring onion, avocado, cress, kataifi, soya sesame and sake-tamari marinated trout roe with sushi rice & crispy nori 28 | 807 kcal

MAKI

HOUSE ROLLS | *Page 17*
Black Cod. Miso-marinated black cod with Jerusalem artichoke chips & pickled red onion 15.5 | 213 kcal
Aka Ebi. Spicy gochujang shrimp, avocado, snow peas, miso aïoli & sake-tamari marinated trout roe 14 | 209 kcal
Soft Shell Crab. Soft shell crab, masago, chives, spicy sauce & tsume 14.5 | 192 kcal
Spicy Beef. Seared beef fillet, cucumber, snow peas, pickled red onion, green chilli, spicy sauce, crunchy chilli & spring onion 12.5 | 192 kcal
Wagyu. Wagyu tartare with kizami wasabi, tsume & crispy kataifi 19.5 | 266 kcal
Lobster Abokado. Yuzu mayonnaise lobster, avocado, cucumber, soya sesame, chives & coriander 15 | 178 kcal
FULL HOUSE. All 6 House Rolls 78.5 | 1250 kcal

STICKS

GINDARA NO MISO | *Page 22*
Miso-marinated black cod 11.5 / 2 pcs 22.6 | 100 / 200 kcal

SHŌYU TEBASAKI | *Page 23*
Chicken wings marinated in garlic, ginger & tamari with soya sesame 3.5 / 2 pcs 6.8 | 120 / 240 kcal

STILL UNDECIDED?

DON'T WORRY.
OUR CHEFS HAVE
YOU COVERED.

ORDER A SET MENU

EVERYTHING IS
COMING YOUR WAY

AS GOOD AS IT GETS | 1502 kcal
Edamame. Grilled, supreme soy & soya sesame
Hiramasa Kataifi. Yellowtail kingfish, kataifi, chives, shiso, truffle oil & ponzu
Shake Ceviche. Salmon, tiger's milk, red onion, green chilli, crunchy chilli, Jerusalem artichoke chips & coriander
Maguro Carpaccio. Yellowfin tuna, white soy & yuzu ponzu, Parmesan aïoli, tosazu gel, extra virgin olive oil, daikon & shiso
Kani Korokke. Crab croquettes with wasabi Caesar
Spicy Tori. Crispy marinated chicken, spicy garlic chilli glaze, soya sesame, Japanese mayonnaise & daikon cress
Ebi Bites. Tempura shrimp, miso aïoli, chilli, lime & coriander
Shake Aburi. Seared salmon with miso aïoli, sake-tamari marinated trout roe & daikon cress
Hiramasa Aburi. Seared yellowtail kingfish, yuzu koshō, shiso, tsume & tosazu gel
Wagyu Aburi. Seared Japanese wagyu, miso aïoli, tsume & kizami wasabi
Soft Shell Crab. Soft shell crab, masago, chives, spicy sauce & tsume
Lobster Abokado. Yuzu mayonnaise lobster, avocado, cucumber, soya sesame, chives & coriander
Gyu Habu. Beef fillet with miso herb butter
Yagi Yaki. Goat's cheese & serrano ham
Gindara No Miso. Miso-marinated black cod

Price per person 58

[Minimum two people]

SPOIL YOURSELF | 26 kcal
Exmoor Royal Beluski Caviar [10 g] 22

SET FOR SUCCESS | 1301 kcal

Broccoli. Grilled, with supreme soy, soya sesame and served with goma
Ebi Bites. Tempura shrimp, miso aïoli, chilli, lime & coriander
Shake Tataki. Seared Salmon, sake-tamari marinated trout roe, daikon, miso, ponzu & daikon cress
Beef Tataki. Seared beef fillet, miso aïoli, spring onion, Jerusalem artichoke chips, shiitake and truffle ponzu
Ebi Panko. Tempura shrimp & spicy sauce, avocado, tsume & sesame
Hell's Kitchen. Tempura shrimp, avocado & spicy sauce, yellowfin tuna & barbecue
Pink Alaska. Salmon, avocado, cream cheese & umeboshi sesame
Nanban. Chicken, avocado, soya sesame, tsume, yuzu koshō, kataifi & coriander
Aka Ebi. Shrimp, spicy gochujang & garlic butter
Tsukune Chilli. Chicken meatballs, chilli dip, teriyaki & spring onions
Gyu Katzu. Fried beef fillet, okonomiyaki sauce, Japanese mayonnaise & daikon cress

Price per person 45

[Minimum two people]

PERFECT DAY | 1315 kcal
Edamame. Sea salt & lemon
Ebi Sando. Crispy sando with prawn, truffle, miso aïoli, Parmesan & chives
Tuna Tartare Bites. Yellowfin tuna, avocado, soya sesame, yuzu miso and spring onion on crispy flat bread
Shake Yaki. Seared salmon, sansho pepper & tsume
Abokado. Avocado, yuzu koshō & soya sesame
Spicy Tuna. Yellowfin tuna, cucumber, spicy sauce, masago, kataifi & cress
Crispy Ebi. Tempura shrimp, avocado, spicy sauce, sesame & tsume
Momo Karaage. Chicken karaage, wasabi Caesar & daikon cress
Tsukune. Chicken meatballs & teriyaki
Shake Teriyaki. Salmon, teriyaki & spring onion

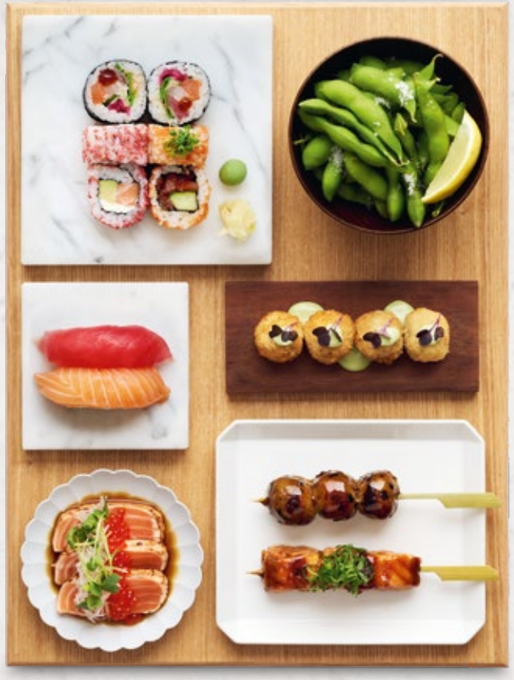
Price per person 40

[Minimum two people]

ROBUST | 1032 kcal
Edamame. Grilled, supreme soy & soya sesame
Spicy Tori. Crispy marinated chicken, spicy garlic chilli glaze, soya sesame, Japanese mayonnaise & daikon cress
Beef Tataki. Seared beef fillet with miso aïoli, spring onion, Jerusalem artichoke chips, shiitake & truffle ponzu
Tsukune Chilli. Chicken meatballs, chilli dip, teriyaki & spring onions
Shōyu Tebasaki. Chicken wings marinated in garlic, ginger & tamari with soya sesame
Gyu Katzu. Fried beef fillet, okonomiyaki sauce, Japanese mayonnaise & daikon cress
Iberico Secreto. Miso cured black Iberian pork
35

GREENKEEPER | 952 kcal
Edamame. Spicy miso & sesame
Seaweed Salad. Seaweed, daikon, snow peas, cucumber, soya sesame & goma
Cauliflower. Fried, served with black truffle goma & sesame
Abokado. Avocado, yuzu koshō & soya sesame
Inari. Tofu with ginger, shiitake, cress & sesame
Red'n'Green. Roasted pepper, avocado, cucumber, yuzu koshō, shiso, tsume & soya sesame
Eringi Yaki. King oyster mushroom & miso herb sauce
Imo Yaki. Sweet potato, coriander cress, soya sesame & teriyaki
29

BEAUTIFUL MESS | 547 kcal
Salmon, avocado, snow peas, edamame, pickled red onion, sushi rice, soya sesame & poké sauce
16



MIXED EMOTIONS | 1118 kcal
Edamame. Sea salt & lemon
Kani Korokke. Crab croquettes with wasabi Caesar
Shake Tataki. Seared Salmon, sake-tamari marinated trout roe, daikon, miso, ponzu & daikon cress
Maguro. Yellowfin tuna
Shake. Salmon
Chirashi. Seared fish, spicy sauce, snow peas, ginger, chilli, tsume & pickled red onion
Pink Alaska. Salmon, avocado, cream cheese & umeboshi sesame
Spicy Tuna. Yellowfin tuna, cucumber, spicy sauce, masago, kataifi & cress
Tsukune. Chicken meatballs & teriyaki
Shake Teriyaki. Salmon, teriyaki & spring onion
29

SHAKE OVERDRIVE | 917 kcal
Edamame. Sea salt & lemon
Shake Ceviche. Salmon, tiger's milk, red onion, green chilli, crunchy chilli, Jerusalem artichoke chips & coriander
Shake. Salmon
Shake Yaki. Seared salmon, sansho pepper & tsume
Pink Alaska. Salmon, avocado, cream cheese & umeboshi sesame
New York Subway. Tempura shrimp, avocado & spicy sauce, salmon & garlic
26

FOUR MEAL DRIVE | 3527 kcal
Shake. Salmon. **Ebi.** Shrimp. **Shake Yaki.** Seared salmon, sansho pepper & tsume. **Maguro.** Yellowfin tuna
Chirashi. Seared fish, spicy sauce, snow peas, ginger, chilli, tsume & pickled red onion
Hell's Kitchen. Tempura shrimp, avocado & spicy sauce, yellowfin tuna & barbecue
Nanban. Chicken, avocado, soya sesame, tsume, yuzu koshō, kataifi & coriander
Shake Aïoli. Snow peas, avocado, miso aïoli & cucumber, seared salmon, soya sesame, chives & sake-tamari marinated trout roe
Spicy Tuna. Yellowfin tuna, cucumber, spicy sauce, masago, kataifi & cress
Pink Alaska. Salmon, avocado, cream cheese & umeboshi sesame
Ebi Panko. Tempura shrimp & spicy sauce, avocado, tsume & sesame
124

PERFECTLY PAIRED WITH
Akashi Tai, Honjozo Genshu, Hyogo [10%]. Full bodied fruity sake with a silky texture
Bottle 300 ml 48 | Glass 100 ml 17

SCT KCAL 08.2026

A FREQUENT FISHER CATCHES THE MOST

Frequent Fisher is the Sticks'n'Sushi loyalty programme for guests who enjoy coming back. And if you do, we'd love to give you something in return.

Earn points every time you dine with us or order takeaway. The more points you earn, the more levels, benefits and special treats you unlock. Simply put: the more often we see you, the more we'll spoil you.

It's our way of saying thank you for coming back.

STICKS | N | SUSHI

DENMARK | ENGLAND | GERMANY | SCOTLAND | CZECH REPUBLIC

Scan this QR code for alternative menus, such as gluten preferences, menus with calories, allergens and more.

sticksnsushi.com